

# Have you heard ? BREAST IS BEST



## Welcome!

All expectant mothers and fathers want to give their babies the best start. Breast feeding provides the best nutrition possible. On this page you can find out why breast milk is best, as well as getting answers to some of your questions. Studies have shown, and the American Academy of Pediatrics agrees that breast milk has ALL the nutrients your baby needs, and in just the right amounts for the first 6 months without adding water, formula, or solid foods.

- Breast milk helps protect the baby from many illnesses; earaches, colic, allergies, constipation, diarrhea, pneumonia, and diabetes to name a few.
- Breast feeding helps protect moms from breast and ovarian cancers, and osteoporosis.
- Breastfeeding helps mom's tummy and weight return to normal more quickly.
- Breast milk is free.
- Breast milk is always available and always the right temperature, and feeding can be done discreetly.

## Common Questions

### **Do I need to change the way I eat?**

Eat a normal healthy diet. You don't usually need to avoid any foods. Continue to take your prenatal vitamins as long as you are breastfeeding.

### **What if I have to take medicine?**

Many medicines are safe while breastfeeding. Your WIC clinic can refer you to a Breastfeeding Specialist who can answer your specific questions. You may also call your doctor.

### **What if I smoke?**

It is best to breastfeed the baby. Breast milk protects the baby against many of the harmful effects of smoking. Formula does not. Never smoke around the baby. Smoke as little as possible. Smoke AFTER a feeding and not before.

### **What about dads?**

Dads can help by bringing the baby to you to breastfeed. They can burp the baby, bathe the baby, take the baby for a walk or play, talk, sing, or read to the baby.

### **How do I know the baby is getting enough breast milk?**

Is the baby gaining weight?

Is the baby content and quiet after feeding?

Is the baby wetting at least 6-8 diapers every day (24 Hours)?

Can you hear the baby swallowing while at breast?

### **What if I have to go back to school or work?**

Because breast milk protects babies from so many illnesses, they will be healthier so you are likely to miss less work or of school time. You can usually pump, or hand express your milk while at work or school. If you need a pump or have questions while continuing to breastfeed, call your local WIC office, and they will put you in touch with a Breastfeeding Specialist who can help you.

**DO NOT BREASTFEED IF YOU ARE HIV POSITIVE; IF YOU ABUSE ALCOHOL OR DRUGS; IF YOU HAVE ACTIVE UN-TREATED TB; OR ARE ON CHEMOTHERAPY TREATMENT.**

Contact your local WIC clinic for further information